



# OCTOBER CALENDAR OF EVENTS

## TENNIS—HUNTLEY

**GROUP LESSON SESSION 2** • begins October 30

### GREEN BALL USTA TOURNAMENT

October 1 • 1pm • 10 and under

### MONSTER SMASH ADULT TEAM TENNIS MIXER

October 21 • 4:30-7:30pm

### RED BALL USTA TOURNAMENT

October 28 • 1pm • 8 and under

### ORANGE BALL USTA TOURNAMENT

October 28 • 4pm • 10 and under

## GROUP FITNESS LAUNCHES & UPDATES

**Les Mills™ RPM 76** • October 7 & 8

**Les Mills™ SH'BAM 29** • October 14 & 15

**Les Mills™ BODYPUMP 103** • October 21 & 22

*Highlighted launch! Enter to win raffle prizes.*

**Les Mills™ CXWORX 28** • October 28 & 29

**NEW! Family Cycle** during Family Fitness Time

Every other Sunday • October 15, 2017-March 18, 2018

2-2:45pm • Crystal Lake • Studio 2

## AQUATICS

### HEALTH BRIDGE HAMMERHEADS

Session Dates:

**October 23, 2017-March 3, 2018**

Evaluation Dates:

**Monday, October 2**

4:30-5:30pm • Crystal Lake | 7-8pm • Huntley

**Wednesday, October 4**

7-8pm • Crystal Lake | 6:30-7:30pm • Huntley

Fee: \$5 per child, ages 5-14

### CHILDREN'S GROUP SWIM LESSONS • SESSION 6

**Session Dates: October 16-December 12, 2017**

Members may register October 2. Those currently enrolled may register October 7. Open registration begins October 9.

### MIRACLE SWIMMING FOR ADULTS

Conquer your fear of water during this intensive, 24-hour course. Open to ages 18 and older.

*See concierge for details and pricing.*

## OCTOBER SPA SPECIALS

Deep Detox Facial • \$60

90-Minute Massage • \$75

Basic Mani/Pedi\* • \$45

*\*Includes option of complimentary pumpkin scrub.*

## TRICKY TURKEY TRIATHLON

Sunday, November 12 • Noon • Crystal Lake & Huntley

Fee: \$35 • Open to members ages 12 and older

Registration begins October 1

## FREE FITNESS DEMOS – HUNTLEY

### CORE STABILITY

Personal trainer Scott Elichek will demo engaging core exercises using equipment and your own bodyweight.

October 2 • 7pm

October 4 • 7pm

October 7 • 10am

October 10 • 9am

October 12 • 9am

October 21 • 10am

October 23 • 9am

### PROGRAM STRUCTURE

Seize your motivation and join personal trainer Josh Fick as he helps you in structuring your workout program.

October 2 • 7am

October 4 • 4:30pm

October 8 • 11am

October 16 • 4pm

October 19 • 10am

October 22 • 11am

October 25 • 4:30pm

## FREE FITNESS DEMOS – CRYSTAL LAKE

### BODY WEIGHT BLAST

Build muscle and get fit with simple body weight exercises with personal trainer Kelly Tafoya.

October 4 & 18 • 8am | October 5 & 19 • 6:30pm

### TRX SUSPENSION TRAINING

Preview of one our most popular Ignite Studios classes with personal trainer Kevin Raap. Create your own resistance by leveraging your body weight and gravity.

October 9 • 10am

October 11 • 5:30pm

October 14 • 3:30pm

October 21 • 3:30pm

October 23 • 10am

October 25 • 5:30pm

## IGNITE STUDIOS: TRX

Every Monday • 9:30am • Crystal Lake

Fee: \$12.50/drop-in

*Ask about our reduced package pricing!*

**Centegra  
Health Bridge**  
Fitness Center

ALWAYS LOOKING AHEAD™

**QUESTIONS? SEE CONCIERGE.**

Call 815-444-2900 for more information



# KIDZONE OCTOBER 2017

## CALENDAR OF EVENTS

### COLUMBUS DAY CAMPS

KidZone's Columbus Day Camps are back! Kids ages 4-12 can enjoy a half- or full-day of camp, including fall-themed activities and crafts, plus a snack. On Friday, we will go on a field trip to Tom's Farm Market. Bring a sack lunch or lunch money for Subway on site.

**Friday, October 6 & Monday, October 9 • Huntley**  
**Full Day | 8am-4:30pm**  
**Member: \$60 | Community: \$75**

**Half Day | 9am-2:30pm**  
**Member: \$40 | Community: \$55**

*Camp pricing is per day.*

### BABYSITTING TRAINING COURSE

With a focus on safety, aspiring babysitters will learn basic care for babies and toddlers as well as how to respond to emergencies. Participants need to bring lunch and a drink. Open to ages 11-14.

**Monday, October 9 • 9am-3pm • Crystal Lake**  
**Member: \$55 | Community: \$65**

### CANVAS & COOKIES

Kids ages 4-11 will create their own fall-themed canvas painting with step-by-step instructions from our team members. Cookies will also be served.

**Monday, October 9 • 1-4pm • Huntley**  
**Friday, October 20 • 1-4pm • Crystal Lake**  
**Member: \$22 | Community: \$32**

### KIDS' NIGHT OUT

An exciting "night out" for kids ages 1-11. Children will work on a craft, eat a pizza dinner and watch a movie. Popcorn is included. Attendees ages 4-11 are asked to bring their swimsuit for swim time.

**Friday, October 13 • 4:30-9:30pm • Huntley**  
**Friday, October 27 • 4:30-9:30pm • Crystal Lake**  
**Member: \$25 | Community: \$38**